

IMR Outcomes Report

Systemwide — Fiscal Year 2013-14



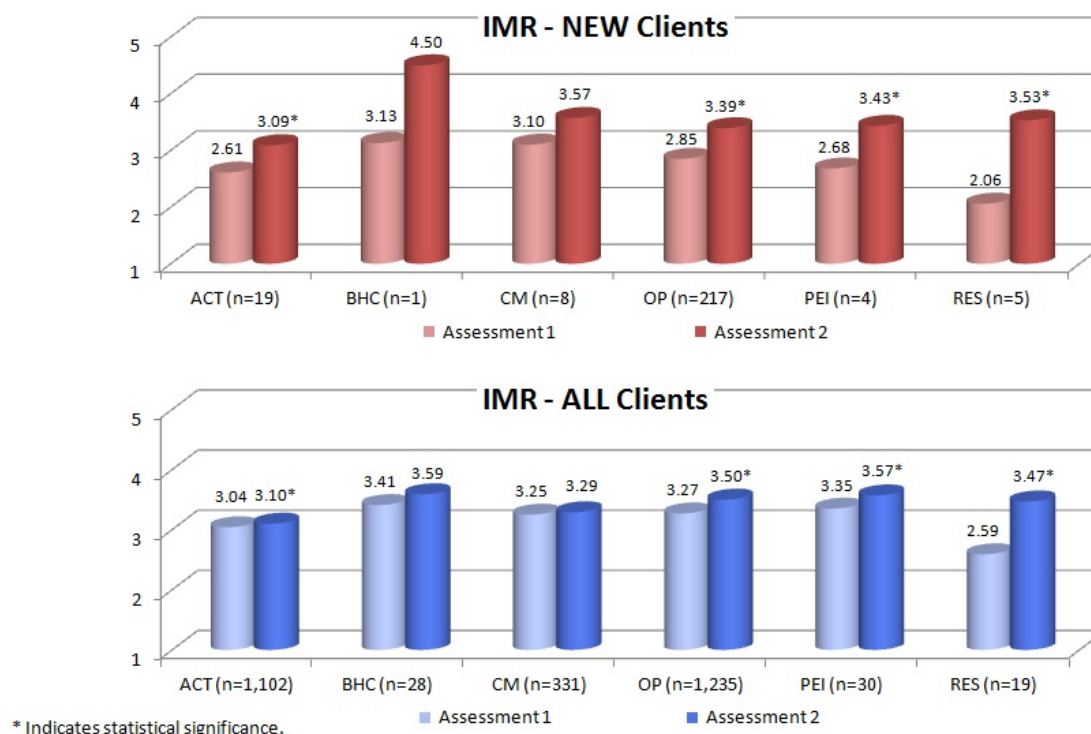
Recovery is a primary goal of the County of San Diego Behavioral Health Services (SDCBHS). In order to better assess mental health outcomes, SDCBHS has implemented a system of measuring recovery from both clinician and client perspectives. Program staff and clients throughout San Diego County have been using the measures since implementation rollout in July 2009. Staff report that the measures improve therapeutic dialogue with the people they serve while being easy to use and more clinically relevant than previous outcomes measures. People receiving services appreciate the recovery-based focus of the instruments and knowing that their voice is heard in evaluating their progress.

Clinician Measure of Recovery

This report presents outcomes of the Illness Management and Recovery Scale (IMR), which measures clinicians' perceptions of their clients' recovery. Each of the 15 individual items comprising the IMR addresses a different aspect of illness management and recovery. Scores can also be reported using 3 subscales, which combine individual items to represent illness recovery, management, and substance abuse dimensions of treatment outcomes. The IMR assessments are typically conducted every six months. Included in this report are clients who had a follow-up assessment within Fiscal Year 2013-14.

IMR scores range from 1 to 5, with 5 representing the highest level of recovery. "NEW" clients (n=254) are those individuals who had two IMR assessments during FY 2013-14 (assessments 1 and 2), and whose first service date was within 30 days of their first assessment. "ALL" clients (N=2,745) includes every individual served who had two assessments during FY 2013-14 (assessments 1 and 2), regardless of how long they have been receiving services. The charts below present differences in progress towards recovery by location of service: Assertive Community Treatment (ACT), Behavioral Health Court (BHC), Case Management (CM), Outpatient (OP), Prevention and Early Intervention (PEI) Service, and TAY Residential program (RES). Statistically significant increases in scores are indicated below with an asterisk.

The scores of both NEW and ALL clients increased, with significant changes seen for clients in ACT, OP, PEI, and RES categories.



IMR Scores by IMR Item — Means for Assessments 1 and 2

Each of the 15 individual items comprising the IMR addresses a different aspect of illness management and recovery. IMR scores range from 1 to 5, with 5 representing the highest level of recovery. NEW clients in the table below are those individuals who had two IMR assessments during FY 2013-14 (assessments 1 and 2), and whose first service date was within 30 days of their first assessment. ALL clients includes every individual served who had two assessments during FY 2013-14 (assessments 1 and 2), regardless of how long they have been receiving services. Both ALL and NEW clients' IMR scores increased on all items and subscales, with the exception of item 13 for ALL clients: Using medication effectively, which decreased, though not significantly.

ITEM	ILLNESS MANAGEMENT & RECOVERY SCALE (IMR)	NEW CLIENTS				ALL CLIENTS			
		N	ASSESSMENT #		CHANGE	N	ASSESSMENT #		CHANGE
			1	2			1	2	
1	Progress towards personal goals	250	2.39	3.09	▲	2,712	2.90	3.09	▲
2	Knowledge	254	2.26	2.99	▲	2,740	2.86	3.02	▲
3	Involvement of family and friends in my treatment	252	2.97	3.21	▲	2,725	2.96	3.03	▲
4	Contact with people outside of my family	245	2.63	3.25	▲	2,711	3.11	3.27	▲
5	Time in structured roles	248	2.32	2.66	▲	2,710	2.01	2.12	▲
6	Freedom from symptom distress	251	1.88	2.66	▲	2,723	2.40	2.58	▲
7	Ability to function	254	1.80	2.67	▲	2,740	2.33	2.50	▲
8	Relapse prevention planning	239	2.34	3.33	▲	2,690	3.15	3.41	▲
9	Freedom from relapse of symptoms	244	2.04	3.18	▲	2,703	3.07	3.43	▲
10	Avoidance of psychiatric hospitalization	246	4.14	4.46	▲	2,686	4.28	4.38	▲
11	Coping	253	2.22	2.96	▲	2,706	2.79	2.93	▲
12	Involvement with self-help activities	249	2.67	3.20	▲	2,700	2.93	3.05	▲
13	Using medication effectively	179	4.02	4.19	▲	2,421	4.22	4.19	▼
14	Alcohol use does not impair functioning	240	4.59	4.65	▲	2,660	4.41	4.45	▲
15	Drug use does not impair functioning	244	4.37	4.60	▲	2,663	4.35	4.39	▲
	OVERALL MEAN IMR SCORE	254	2.82	3.38	▲	2,745	3.17	3.31	▲
SUBSCALES	Recovery subscale <i>(the average of items 1, 2, 4, 8, and 12)</i>	254	2.46	3.16	▲	2,741	2.99	3.17	▲
	Management subscale <i>(the average of items 6, 7, 9, and 11)</i>	254	1.99	2.87	▲	2,745	2.65	2.85	▲
	Substance subscale <i>(the minimum of items 14 and 15)</i>	245	4.21	4.44	▲	2,676	4.13	4.19	▲

Arrows indicate the direction of change between assessments. Dark/colored arrows indicate statistically significant change. Light/gray arrows indicate change that is not statistically significant.

IMR Scores by Program Sub-Unit — Means for Assessments 1 and 2

The mean IMR scores presented in the table below for assessments 1 and 2 represent the average of all item scores for each program sub-unit. For some programs, there was an insufficient number of valid assessment pairs for NEW clients (indicated below with “NA”). Increased scores were seen for clients in most programs, and several programs showed statistically significant increases in their clients’ scores.

UNIT	SUB-UNIT	PROGRAM NAME	NEW CLIENTS				ALL CLIENTS			
			N	ASSESSMENT #		CHANGE	N	ASSESSMENT #		CHANGE
				1	2			1	2	
1110	1111	CO SOUTHEAST CLINIC (A)	NA	NA	NA	-	1	3.27	2.80	▼
1130	1131	CO EAST COUNTY CLINIC (A)	3	2.86	2.89	▲	11	3.09	2.96	▼
1310	1312	CO EAST TRADITIONAL CM	1	2.73	2.87	▲	67	3.10	3.08	▼
1320	1321	CO MORENA TRADITIONAL CM	1	3.07	3.00	▼	141	3.33	3.36	▲
3000	3001	UPAC MIDTOWN CENTER-PAROLEE	NA	NA	NA	-	1	3.20	3.00	▼
	3002	UPAC MIDTOWN CENTER MHSA	NA	NA	NA	-	20	3.19	3.29	▲
	3007	UPAC MIDTOWN CENTER LIHP	NA	NA	NA	-	1	3.40	3.33	▼
3010	3011	UPAC EAST WIND ADULT MHSA	NA	NA	NA	-	12	3.63	3.77	▲
3020	3021	UCSD GIFFORD	2	2.51	2.93	▲	291	3.50	3.68	▲
	3023	UCSD CO-OCCURRING	5	2.78	3.77	▲	19	2.96	3.29	▲
3030	3032	NHA PROJECT ENABLE MHSA	5	2.43	2.91	▲	17	3.00	3.30	▲
	3033	NHA PROJECT ENABLE TAY MHSA	2	2.07	3.43	▲	2	2.07	3.43	▲
3040	3042	CRF HEARTLAND CENTER TAY MHSA	10	2.79	3.46	▲	31	3.10	3.28	▲
	3043	CRF HEARTLAND CENTER (A/OA) MHSA	32	2.82	3.37	▲	151	3.28	3.45	▲
	3047	CRF HEARTLAND CENTER LIHP	1	3.20	3.53	▲	16	3.40	3.42	▲
3050	3051	MHS KINESIS N ESCONDIDO	1	3.57	4.07	▲	1	3.57	4.07	▲
	3052	MHS KINESIS N ESCONDIDO MHSA	2	3.29	3.50	▲	10	3.42	3.64	▲
	3053	MHS KINESIS N FALLBROOK MHSA	NA	NA	NA	-	3	3.36	3.60	▲
	3056	MHS KINESIS NORTH RAMONA/MHSA	NA	NA	NA	-	1	3.80	3.73	▼
	3057	MHS KINESIS N ESCON TAY MHSA	2	2.29	3.93	▲	6	2.98	3.77	▲

Arrows indicate the direction of change between assessments. Dark/colored arrows indicate statistically significant change. Light/gray arrows indicate change that is not statistically significant.

IMR Scores by Program Sub-Unit — Means for Assessments 1 and 2, *continued*

				NEW CLIENTS			ALL CLIENTS			
				ASSESSMENT #			ASSESSMENT #			
UNIT	SUB-UNIT	PROGRAM NAME	N	1	2	CHANGE	N	1	2	CHANGE
3060	3062	MHS VISTA CLINIC TAY MHSA	NA	NA	NA	-	4	2.83	3.33	▲
	3066	MHS VISTA CLINIC ADULT MHSA	1	3.60	2.86	▼	34	3.52	3.46	▼
	3067	MHS VISTA CLINIC YTP FSP MHSA	1	3.23	3.91	▲	3	2.65	3.68	▲
3070	3073	MHS NORTH INLAND ADULT MHSA	NA	NA	NA	-	1	2.93	3.14	▲
	3074	MHS NORTH INLAND O/A MHSA	1	3.53	3.47	▼	18	3.36	3.26	▼
3080	3083	MHS NORTH COASTAL ADULT MHSA	2	2.93	3.27	▲	12	3.31	3.21	▼
	3084	MHS NORTH COASTAL O/A MHSA	NA	NA	NA	-	1	3.67	3.33	▼
3090	3091	CRF DOUGLAS YOUNG CLINIC MHSA	1	3.21	3.21	▼*	15	3.11	2.92	▼
	3093	CRF DOUGLAS YOUNG TAY MHSA	NA	NA	NA	-	1	3.43	3.43	▼*
3100	3101	CRF SOUTH BAY GUIDANCE CENTER A/OA MHSA	13	2.60	3.16	▲	60	2.93	3.26	▲
	3104	CRF SOUTH BAY GUIDANCE CENTER TAY MHSA	1	2.93	2.00	▼	9	3.37	3.27	▼
	3105	CRF SB GUIDANCE FSP CM MHSA	2	3.10	3.73	▲	11	3.04	3.17	▲
	3108	CRF SOUTH BAY GUIDANCE CENTER LIHP	NA	NA	NA	-	1	3.93	3.87	▼
3110	3111	CRF A. CROWELL CENTER MHSA	7	3.02	3.33	▲	41	3.32	3.47	▲
	3114	CRF A. CROWELL CENTER TAY MHSA	3	3.02	3.25	▲	5	3.13	3.29	▲
	3118	CRF A. CROWELL CENTER PATH	3	3.13	3.17	▲	11	2.88	3.29	▲
3120	3125	CRF A. CROWELL CENTER LIHP	NA	NA	NA	-	6	3.31	3.60	▲
3150	3152	FHC LOGAN HEIGHTS MHSA	13	2.87	3.57	▲	19	2.95	3.64	▲
	3156	FHC LOGAN HEIGHTS CENTER MHSA	NA	NA	NA	-	4	3.37	3.88	▲
3160	3161	SURVIVORS OF TORTURE (A) MHSA	14	2.54	3.22	▲	44	3.06	3.33	▲
3180	3181	CRF MS WELLNESS & REC MHSA	15	2.66	3.12	▲	58	3.09	3.29	▲
	3182	CRF MARIA SARDIÑAS WELLNESS & REC TAY MHSA	5	3.09	3.06	▼	30	3.16	3.20	▲
	3183	CRF SARDIÑAS WELLNESS & REC FSP CM MHSA	NA	NA	NA	-	17	2.75	2.99	▲
3210	3213	EXODUS REC ESC ENHANCED MHSA	6	3.04	3.67	▲	20	3.29	3.64	▲
3220	3221	EXODUS CENTRL CONNECTIONS MHSA	1	3.13	4.50	▲	28	3.41	3.59	▲
3230	3231	CHALDEAN/MID-EASTERN ADULT MHSA	35	2.95	3.65	▲	150	3.31	3.72	▲
3240	3241	CRF DOWNTOWN IMPACT FSP MHSA	7	2.58	2.88	▲	226	3.18	3.18	▼*
	3244	CRF DOWNTOWN IMPACT VIHP MHSA	3	2.44	3.62	▲	30	3.08	3.22	▲
3250	3251	DEAF COMMUNITY SERVICES OP (A) MHSA	3	3.24	3.28	▲	7	3.41	3.45	▲
3280	3281	TELECARE OLDER ADULT SBCM MHSA	NA	NA	NA	-	17	3.07	3.12	▲
3310	3312	TELECARE GATEWAY TO RECOVERY FSP MHSA	NA	NA	NA	-	199	2.82	2.86	▲
	3315	TELECARE PROJECT 25 FSP MHSA	NA	NA	NA	-	18	2.68	2.51	▼
	3316	TELECARE GATEWAY EBPSP ACT FSP	2	2.40	3.10	▲	8	2.65	3.19	▲

Arrows indicate the direction of change between assessments. Dark/colored arrows indicate statistically significant change. Light/gray arrows indicate change that is not statistically significant.

*Indicates decrease in the mean from Assessment 1 to 2 that is not visible due to rounding.

IMR Scores by Program Sub-Unit —
Means for Assessments 1 and 2, *continued*

			NEW CLIENTS				ALL CLIENTS			
			ASSESSMENT #				ASSESSMENT #			
UNIT	SUB-UNIT	PROGRAM NAME	N	1	2	CHANGE	N	1	2	CHANGE
3330	3331	TELECARE LTC ACT FSP OP MHSA	NA	NA	NA	-	153	2.83	2.93	▲
3350	3353	MHS NO COUNTY SB CM MHSA	3	3.19	3.78	▲	59	3.36	3.44	▲
3360	3361	MHS NORTH STAR ACT FSP MHSA	2	2.30	3.07	▲	27	3.05	3.11	▲
3390	3391	PCS CATALYST FSP MHSA	1	2.80	1.87	▼	97	2.97	3.14	▲
3400	3401	CRF IMPACT FSP MHSA	NA	NA	NA	-	172	3.24	3.29	▲
3410	3411	MHS CENTER STAR ACT FSP MHSA	NA	NA	NA	-	43	3.06	2.87	▼
	3413	MHS CENTER STAR FSP VIHP MHSA	NA	NA	NA	-	13	2.98	2.83	▼
3480	3481	CRF ACT OLDER ADULT FSP MHSA	4	3.00	3.37	▲	116	3.28	3.42	▲
3490	3491	PCS KICKSTART (C/A) PEI MHSA	4	2.68	3.43	▲	30	3.35	3.57	▲
3940	3941	ALPINE STARTING POINT TAY MHSA	4	1.94	3.47	▲	6	1.98	3.44	▲
3960	3961	CRF CASA PACIFICA TRANS RES	1	2.53	3.80	▲	13	2.87	3.48	▲
	3963	CRF CASA PACIFICA OP	NA	NA	NA	-	16	3.76	3.63	▼
4100	4101	EXODUS WELLNESS & REC MHSA	12	2.85	3.35	▲	55	3.13	3.37	▲
4110	4111	EXODUS CENTRAL AB109 MHSA	17	3.04	3.62	▲	33	3.00	3.68	▲
7240	7241	SURVIVORS OF TORTURE (C) MHSA	NA	NA	NA	-	2	3.29	3.46	▲

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